

SPINNING®



→ Training Tips

CROSS TRAINING: RIDING OUTDOORS



Between sessions at the gym, outdoor cross training is an excellent way to develop and maintain cardiovascular and core strength. Road, mountain biking and cyclocross are ideal cross training sports for Spinning® enthusiasts, drawing on the existing cycling experience and fitness base developed in Spinning class. It only makes sense to take a break from time to time to get out and enjoy these incredible sports. Whether you prefer dirt or pavement, riding outside presents its own set of obstacles: headwinds, tight turns, slick roads, rocks, stumps, sand, mud and screaming descents that make it all worthwhile.

ROAD

Although all three sports improve endurance, road riding works best. It's always accessible and incredibly efficient. That's why most cross-country mountain bikers do most of their training on the road—they can log twice as many miles in half the time. Road riding also helps cyclists get well acquainted with their saddles—and we all know that's important. Whether your goal is 20 miles, a century or prepping for race season, get out on the road and settle in for a few hours—the more, the better; perform extended climbs, get in and out of the saddle, and work hard on those long flats.

MOUNTAIN

Mountain biking, on the other hand, is great conditioning for speed and agility. Since terrain typically varies—

ranging from smooth fire roads to rocky, technical singletrack and sandy slickrock—mountain biking not only tests your fitness, it also hones bike-handling skills and forces you to switch gears quickly. Typically, mountain bike trails consist of rollers, or descents that immediately transition into a short, steep climbs, and vice versa. Hill climbing is precisely where mountain and road riding part ways: while you can climb out of the saddle on a road bike for extended periods of time, you can't on dirt. The reason? Unless you're on a fire road, sand and loose rocks decrease traction and cause the back wheel to slip out. By using smaller gears, pedaling quickly and shifting body weight forward, you can gain enough momentum to sprint to the top. That's why, for the most part, climbing on a mountain bike forces

muscles to perform in short bursts—on climbs that always seem to pop up after a well-deserved descent as well as those we always expect, like grinding fire roads that lead back up to the car.

CYCLOCROSS

Although cold weather months can sometimes put a damper on cycling, cyclocross fills the void. As soon as roads and trails become wet, muddy and covered with snow, cyclocross season kicks off. The sport combines cycling and running on what is essentially an obstacle course. Riding road bikes with skinny, knobby tires around a small track-like course, riders repeatedly hop off, running with bikes in hand to maneuver over hurdles and other barriers. It's the ultimate test of fitness, agility and burly determination to clear one more lap.

→ For more information about the Spinning program, visit www.spinning.com or call **800.847.SPIN (7746)**.

Spinning training tips are the intellectual property of Mad Dogg Athletics, Inc. They are provided to Spinning Instructors and authorized Spinning facilities with permission to photocopy and distribute to Spinning class participants.

©2008 Mad Dogg Athletics, Inc. All rights reserved. Spin®, Spinning®, Spinner® and the Spinning logo are registered trademarks of Mad Dogg Athletics, Inc.